



Dear Friends,

January 2014

We're writing to inform you of a wonderful opportunity for wounded, ill, and injured service members and veterans with an interest in tennis to attend a tennis camp at Balboa Tennis Club in San Diego, CA from May 20-24, 2014 (travel dates May 19 and 25). Participants' transportation, lodging, meals, instruction, and equipment will be provided through grants from the United States Tennis Association (USTA) and other sponsors. The camp will focus on improving tennis skills through game-based clinics and instruction in an upbeat, fun-filled atmosphere. Beginners are welcome.

Since 2009, the Balboa Tennis Club, in collaboration with Naval Medical Center San Diego (NMCS D) and the San Diego District Tennis Association, has provided hundreds of free weekly tennis clinics to more than 600 wounded, ill, and injured service members and veterans from all the military services as part of NMCS D's Wounded, Ill, and Injured Wellness Division of its Health and Wellness Department. This camp will be the third annual, run by certified tennis professionals from Balboa Tennis Club, medical staff from NMCS D, and trained community tennis volunteers.

Our military tennis programs and tennis camps have been recognized nationally by the Department of Defense, Veterans Administration, USTA, and many others for their excellence, and are the model for similar tennis programs for wounded, ill, and injured service members and veterans that have been established at other major military medical centers, Warrior Transition Units, and VA hospitals across the country.

Our military tennis programs have made a positive impact in the lives of wounded, ill, and injured service members and veterans. Therapeutically, tennis has helped them work on eye-hand coordination, balance, ability to transfer weight, endurance, strength, and overall fitness. In addition to the physical benefits, tennis enables them to learn a new sport, promotes socialization, decreases stress and anxiety, and helps with re-integration into the community.

Please pass this information on our tennis camp to those who may be interested. Application information and other details are located at www.sandiegotennis.com. Our application deadline is March 31, 2014. Thank you!

Sincerely,

Steve

Steve Kappes
Captain, U.S. Navy, Ret.;
President, San Diego
District Tennis Assoc.

M.A.

Mary Alice ("M.A.") Hillier
Tennis Camp Coordinator
San Diego District Tennis Assoc.

Geoff

Geoff Griffin
Tennis Director
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